

## **Joshua ISD Wellness Plan 2023**

This document, referred to as the “wellness plan”(the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board, to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b]

### **STRATEGIES TO SOLICIT INVOLVEMENT**

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. Joshua ISD has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law.

The following persons will work with the SHAC on the Joshua ISD wellness policy and plan:

- Parents
- Students
- Director of Child Nutrition
- District Nurses
- District Physical Education Teachers
- Administrators
- Community Members

The SHAC will also solicit involvement and input of other interested persons by:

- Posting on the Joshua ISD website the dates and times of SHAC meetings at which the wellness policy and plan are discussed
- Listing in the student handbook the position and contact information of the person responsible for oversight of the District’s wellness policy and plan

### **IMPLEMENTATION**

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The Director of Student Services and Nurse Coordinator are the District officials responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

### **EVALUATION**

Every three years, the SHAC will gather information on the wellness policy and the wellness plan from each principal and appropriate District administrators. The SHAC will assess the District’s and each campus’s progress toward meeting the goals of the policy and plan by reviewing District and campus activities and events tied to the wellness program. The SHAC

will use district developed assessments to gather this information. The assessments will be posted on the Joshua ISD website under Health Services.

In accordance with law, the district developed assessments will measure:

- Implementation of the District's wellness policy
- Extent to which each campus is compliant with the wellness policy
- Description of the progress made in attaining the goals of the wellness policy
- Extent to which the wellness policy compares with any state or federally designated model wellness policies

## **PUBLIC NOTIFICATION**

Joshua ISD will create a wellness page on its website to document information and activities related to the school wellness policy, including:

- A copy of the wellness policy [FFA(LOCAL)]
- A copy of the Joshua ISD Wellness Plan, with dated revisions
- Minutes from all SHAC Meetings
- The SHAC's triennial report on the District's wellness policy and plan

## **FOOD SOLD FOR FUNDRAISERS DURING THE SCHOOL DAY**

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CO(LEGAL)]

Joshua ISD Principals will declare their fundraising days to the Director of Child Nutrition at the beginning of each year.

## **FOODS PROVIDED BUT NOT SOLD**

There are currently no federal requirements for foods or beverages made available by a parent or guardian for his/her own child during the school day. Joshua ISD will comply with state law, which allows a parent or grandparent to provide a food product of his or her choice to classmates of the person's child or grandchild on the occasion of the student's birthday or to children at the 5 school-designated parties listed below.

- **Fall Party** (During the Month of October)
- **Winter Party** (Date school releases for Winter Break),
- **Valentine Party** (on February 14th or Friday prior to 14<sup>th</sup> if date falls on the weekend)
- **Spring Party** (Date school releases for Easter Holiday)
- **Student Birthday Party**

These parties must be scheduled after the end of the lunch period for the class so that the celebration will not replace a nutritious lunch. Foods served during these parties must not be served in the food service area (areas where reimbursable meals are served) during meal periods. These food items must be provided at no cost to the students.

# Goals, Guidelines and Measurement

Joshua ISD will measure compliance with the nutrition guidelines by reviewing meal reimbursement submissions from the child nutrition department to the TDA, reviewing foods and beverages that are sold in competition with the regular school meals, reviewing items sold as part of approved District fundraisers, and monitoring the types of foods and beverages made available to students during the school day.

## Nutrition Promotion Goals

Federal law requires that the District establish goals for nutrition promotion in its wellness policy. The District's nutrition promotion activities will encourage participation in the National School Lunch Program, the School Breakfast Program, and any supplemental food and nutrition programs offered by Joshua ISD.

**Goal #1: The Joshua ISD food service staff, teachers and other District personnel shall consistently promote healthy nutrition messages in cafeteria, classrooms, and other appropriate settings.**

Objective #1: Joshua ISD will increase participation in federal child nutrition programs by one percent by the end of each school year.

Action Steps: Distribute flier regarding school food programs within first two weeks of the school year.

Measurement of Implementation: (Benchmark Data Points)

- Participation rates from the end of each school year

Objective #2: Increase awareness of the school lunch program.

Action Steps: Distribute information at district functions and collect information from parents and students via surveys.

Measurement of Implementation: (Benchmark Data Points)

- Survey results/ participation percentages

**Goal #2: Joshua ISD shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.**

Objective #1: Joshua ISD will research opportunities to offer supplemental food and nutrition programs and will regularly inform families and the community regarding any programs offered by the District.

Action Steps: Research food access programs available in the community with which Joshua ISD could partner (backpack programs, summer meal programs, etc.)

Measurement of Implementation: (Benchmark Data Points)

- Number of programs offered

Objectives #2: Consistently post in an easily accessible location on the Joshua ISD website the school breakfast and lunch menus, along with the nutritional information.

Action Steps: The Joshua ISD Food Service Director will develop and post the menus one week in advance.

Measurement of Implementation: (Benchmark Data Points)

- Monitor website to check menu postings

## **NUTRITION EDUCATION GOALS**

Federal law requires that the District establish goals for nutrition education in its wellness policy. State law also requires that the District implement a coordinated health program with a nutrition services and health education component at the elementary and middle school levels. [See EHAA] Joshua ISD will implement the nutrition services and health education component through instruction of the essential knowledge and skills related to nutrition and health in the District's physical education, health education, and science courses.

### **Goal #1: Joshua ISD shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors**

Objectives #1: Healthy lifestyles shall be taught in all physical education and athletic classes.

Action Steps: The Curriculum Directors and Athletic Director will communicate the expectation that Healthy Lifestyles are taught in all PE and Athletic classes using the SPARK coordinated health program.

Measurement of Implementation: (Benchmark Data Points)

- Number of PE and Athletic classes teaching Healthy Lifestyles.

## **PHYSICAL ACTIVITY GOALS**

Joshua ISD will implement, in accordance with law, a coordinated health program with physical education and physical activity components and will offer at least the required amount of physical activity for all grades. [See BDF, EHAA, EHAB, and EHAC]

Joshua ISD will meet the required physical activity in elementary school grades by providing at least 30 minutes per day or 135 minutes per week of PE and/or recess per day, weather permitting.

At the middle school level, Joshua ISD will require students, unless exempted because of illness or disability, to be enrolled in physical education or athletics courses for at least four semesters.

### **Goal #1: Joshua ISD shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.**

Objectives #1: Joshua ISD will implement clubs aimed at fostering appropriate fitness activities.

Action Steps: Clubs will be created to foster fitness activities.

Measurement of Implementation: (Benchmark Data Points)

- List of activities.

Objectives #2: Joshua ISD will make available certain play grounds and tracks for physical activity.

Action Steps: Utilize the park area in front of the JISD Administration Building for public use before and after school.

Measurement of Implementation: (Benchmark Data Points)

- Monitor use of park

**Goal #2: Joshua ISD shall make appropriate before and after school physical activity programs available and shall encourage students to participate.**

Objectives #1: Club Excel will incorporate physical activity.

Action Steps: Implement physical activity into the Club Excel schedule.

Measurement of Implementation: (Benchmark Data Points)

- Monitor Club Excel Lesson Plans

Objectives #2: Joshua ISD will implement clubs aimed at fostering appropriate fitness activities.

Action Steps: Clubs will be created to foster fitness activities

Measurement of Implementation: (Benchmark Data Points)

- Monitor club activities

**Goal #3: Joshua ISD shall encourage students, parents, staff and community members to use the District's recreational facilities, such as tracks and playgrounds that are available for use outside of the school day.**

Objectives #1: Continue to encourage the community to use the facilities available outside of the school day.

Action Steps: Keep the areas to be utilized in good condition and make the areas available.

Measurement of Implementation: (Benchmark Data Points)

- Signage and information

## **SCHOOL-BASED ACTIVITY GOALS**

Federal law requires that the District establish goals for other school-based activities in its wellness policy to promote student wellness.

### **Goal #1: Joshua ISD shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.**

Objectives #1: All campuses will allow for at least ten minutes to eat breakfast and twenty minutes to eat lunch, for the time a student receives his or her meal and is seated.

Action Steps: Ensure students have adequate time to eat.

Measurement of Implementation: (Benchmark Data Points)

- Monitor cafeterias during lunch time

### **Goal #2: Joshua ISD shall promote wellness for students and their families at suitable District and campus activities.**

Objectives #1: Provide information on healthy living and nutrition at several district functions.

Action Steps: Have the Director of Child Nutrition coordinate information booths at major school events such as the Family Health and Wellness Fair.

Measurement of Implementation: (Benchmark Data Points)

- Monitor activities

### **Goal #3: Joshua ISD shall promote employee wellness activities and involvement at suitable District and campus activities.**

Objectives #1: Joshua ISD will utilize its health insurance provider to encourage wellness by communicating the preventive services covered at 100 percent during each open enrollment period.

Action Steps: Work with the District's health insurance provider to determine what services are covered at 100 percent. Share information with employees.

Measurement of Implementation: (Benchmark Data Points)

- Monitor employee wellness activities

### **Goal #4: Child Nutrition Department will coordinate a nutrition related parent student activity at each campus every year.**

Objectives #1: The Child Nutrition Director will coordinate an event at each campus each year that motivates students to try new foods and/or consider the nutrition content of their food, and have a pleasant experience where

food is the focal point. This activity will be age appropriate.

Action Steps: Conduct an activity that involves all students at a campus and in minimally invasive to the educational administration and staff. This may be Fear Factor Fridays, Try Something New Tuesdays, surveys, food recipe or sculpture contests, etc. Parents will be notified of these activities and encouraged to participate, volunteer, or discuss with their child at home.

Measurement of Implementation: (Benchmark Data Points)

- The Director of Child Nutrition will monitor participation by an appropriate means (count of contest entries, visiting with managers about student participation, tallying survey results, etc.) and keep any applicable supporting materials.